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Claim 26. A soup which contains natural herbs which is healthy for a consumer's diet and further helps to increase the consumer's energy level comprising, in combination:

a meat product in a range of from about 45% to about 49% by volume of total composition which provides flavoring and protein to the soup;

a liquid in a range of from about 45% to about 49% by volume of total composition which is used to separate and dilute the meat product;

spices in a range of from about 1% to about 3% by volume of total composition which is used to provide flavoring to the soup; and

Chinese herbs in a range from about 1% to about 7% by volume of total composition for adding additional flavoring to the soup and for increasing an energy level and muscle strength of the consumer wherein the Chinese herbs comprises:

herbaepimedii approximately .05% by volume;

rhizoma cistanches approximately .05% by volume;

radix angelicae sinensis approximately .004% by volume;

radix codonopsis pilosulae approximately .05% by volume;

astrogalus hoanglohy approximately .05% by volume;

fructus lycii approximately .04% by volume;

rhizoma aconiti approximately .04% by volume;

dry ginger approximately .04% by volume;
ganoderma lucidum approximately .05% by volume;
ziziphi spinosae approximately .05% by volume;
ginseng approximately .005% by volume; and
cordyceps approximately .005% by volume.

Claim 27. A soup which contains natural herbs in accordance with Claim 26 further comprising a liquor in a range from about 0% to about 2% by volume of total composition for providing a health benefit by aiding in thinning blood of the consumer, for providing added flavor to the soup, and for providing an energy boost to the consumer.

Claim 28. A soup which contains natural herbs in accordance with Claim 26 wherein the meat product is selected from the group consisting of beef, chicken, pork, turkey, and combinations thereof.

Claim 29. A soup which contains natural herbs in accordance with Claim 26 wherein the liquid is water.

Claim 30. A soup which contains natural herbs in accordance with Claim 26 wherein the liquid is a broth.

Claim 31. A soup which contains natural herbs in accordance with Claim 26 wherein the liquid is a broth selected from the group consisting of chicken broth, beef broth, vegetable broth, and combinations thereof.

Claim 32. A soup which contains natural herbs in accordance with Claim 26 wherein the spices are selected from the group consisting of sugar, salt, black pepper, ginger powder, flavor spices, and combinations thereof.

Claim 33. A soup which contains natural herbs in accordance with Claim 32 wherein the flavor spices are selected from the group consisting of anise, cinnamon, garlic powder, and combinations thereof.

Claim 34. A soup which contains natural herbs in accordance with Claim 26 wherein the spices comprise:

sugar in an amount of approximately .005% by volume of total composition;

salt in an amount of approximately .003% by volume of total composition;

black pepper in an amount of approximately .005% by volume of total composition;

ginger powder in an amount of approximately .005% by volume of total composition; and

flavor spices in an amount of approximately .001% by volume of total composition.

Claim 35. A soup which contains natural herbs in accordance with Claim 34 wherein the flavor spices comprise anise, cinnamon, garlic powder in approximately equal percentages by volume of total composition.

Claim 36. A soup which contains natural herbs in accordance with Claim 27 wherein the liquor is bourbon.

Claim 37. A method of making a soup which contains natural herbs which is healthy for a consumer's diet and further helps to increase the consumer's energy level comprising the steps of:

providing a meat product in a range of from about 45% to about 49% by volume of total composition which provides flavoring and protein to the soup;

providing a liquid in a range of from about 45% to about 49% by volume of total composition which is used to separate and dilute the meat product;

providing spices in a range of from about 1% to about 3% by volume of total composition which is used to provide flavoring to the soup; and

providing Chinese herbs in a range from about 1% to about 7% by volume of total composition for adding additional flavoring to the soup and for increasing an energy level and muscle strength of the consumer wherein providing the Chinese herbs further comprises:

providing herbaepimedii approximately .05% by volume;

providing rhizoma cistanches approximately .05% by volume;

providing radix angelicae sinensis approximately .004% by volume;

providing radix codonopsis pilosulae approximately .05% by volume;

providing *astrogalus hoanglohy* approximately .05% by
volume;

providing *fructus lycii* approximately .04% by
volume;

providing *rhizoma aconiti* approximately .04% by
volume;

providing dry ginger approximately .04% by volume;
providing *ganoderma lucidum* approximately .05% by
volume;

providing *ziziphi spinosae* approximately .05% by
volume;

providing ginseng approximately .005% by volume; and
providing *cordyceps* approximately .005% by volume..

Claim 38. The method of Claim 37 further comprising the step of providing liquor in a range from about 0% to about 2% by volume of total composition for providing a health benefit by aiding in thinning blood of the consumer, for providing added flavor to the soup, and for providing an energy boost to the consumer.

Claim 39. The method of Claim 37 wherein the meat product is selected from the group consisting of beef, chicken, pork, turkey, and combinations thereof.

Claim 40. The method of Claim 37 wherein the liquid is water.

Claim 41. The method of Claim 37 wherein the liquid is a broth.

Claim 42. The method of Claim 41 wherein the broth is selected from the group consisting of chicken broth, beef broth, vegetable broth, and combinations thereof.

Claim 43. The method of Claim 37 wherein the spices are selected from the group consisting of sugar, salt, black pepper, ginger powder, flavor spices, and combinations thereof.

Claim 44. The method of Claim 43 wherein the flavor spices are selected from the group consisting of anise, cinnamon, garlic powder, and combinations thereof.

Claim 45. The method of Claim 37 wherein the step of providing spices further comprises the steps of:

providing sugar in an amount of approximately .005% by volume of total composition;

providing salt in an amount of approximately .003% by volume of total composition;

providing black pepper in an amount of approximately .005% by volume of total composition;

providing ginger powder in an amount of approximately .005% by volume of total composition; and

providing flavor spices in an amount of approximately .001% by volume of total composition.

Claim 46. The method of Claim 45 wherein the step of providing flavor spices further comprises the step of providing anise, cinnamon, garlic powder in approximately equal percentages by volume of total composition.